

JENNIFER HUDSON'S NEPHEW FOUND DEAD

PAGE 5

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Health pg 11

Guide to getting Bond's killer body

Probe finds staff reused IV syringes

HIGH PRAIRIE Health officials are trying to track down thousands of patients who may have been exposed to blood-borne diseases after an investigation found staff in High Prairie used IV syringes on multiple patients.

Alberta Health Services believes 1,300 patients in the area around High Prairie, northwest of Edmonton, were exposed to the syringes during endoscopy procedures done between March 1, 2004 and Oct. 2, 2008 and all of them will need blood tests.

Doctors say a review that will go back to 1990 could uncover another 1,400 affected patients who sought dental surgery in that community. They will also require blood tests, doctors said.

Health Minister Ron Liepert said the Health Quality Council of Alberta will be conducting an investigation.

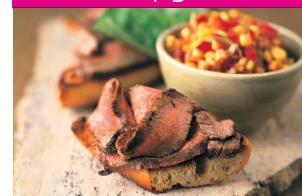
METRO EDMONTON

Your Money pg 8



Rein in your holiday buys

Take Five pg 15



Make it tonight

Olympic Plaza **Passing time**



Anton Myers, 11, a Grade 6 student from Belvedere Parkway School, tries to find an open receiver at Olympic Plaza yesterday, in a game of pickup football on a lunch break from City Hall school.

Calgary charities feel crunch from economic downturn

CRISIS Like other Calgarians, charitable groups are trying to weather the ripples of turbulent economic times.

Demand is growing while financial support from donors is drying up, said

United Way of Calgary president Ruth Ramsden-Wood.

She said donors are nervous and bracing for the worst as a result of a crumbling American economy.

"We haven't seen a melt-

down in philanthropy efforts yet," said Ramsden-Wood, who will sit with agencies this week to form a mitigation plan. "We're trying to build a cushion for what we know is going to

be more negative news in the months to come."

CEO James McAra of the Calgary Food Bank said demand has been on an upswing since April, but it's still got a way to go before it

hits the worst, like the 35 per cent spike in 2000-2001.

"The best we can do is be prepared and hope that we don't see anything radically change," McAra said.

NEIL MACKINNON/METRO CALGARY

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Police charge man connected to robberies

City police have charged a man in connection with two robberies last week, one which was a home invasion. Police have charged 30-year-old Sean Keegan Conlon with two counts of robbery and two counts of disguise with intent. **METRO CALGARY**

Local



Gas leak causes evacuation

About 60 people were evacuated from their downtown workplaces because of a gas leak at 500 — 4 Ave. SE when a backhoe struck the four-inch line around 9 a.m., which could be heard up to 100 yards away. ATCO Gas and the fire department responded to quickly stop the leak.

METRO CALGARY

U.S. economy affecting locals

KRISTA SYLVESTER
krista.sylvester@metronews.ca

LOCAL JOBS The trickle-down effect of the down-trodden American economy has been felt by local businesses and employees.

One man, who would only give his name as Adam, said his U.S.-based technology firm is set to cut jobs in Calgary as a consequence of the lagging economy.

"When the stocks go down and clients are hesitant to work with the com-

pany, that's when people start losing jobs. It's the trickle down effect," he said.

Businesses are feeling the crunch, but some, like Calgary based EnCana, are ready to weather the storm, according to media manager Alan Boras.

"We have not as of yet determined our budget for the next year. It's likely there will be a slowdown," he said, emphasizing that despite turbulent times, no one has lost jobs.

But EnCana's plans to split into two different sectors, which would have created many new openings, has been delayed.

metronews.ca

What's online today.

Watch as The King Eddy is set to return to its roots at metronews.ca/local

Read Allan Small on the markets at metronews.ca/live



Grisell Amaro-Galvan, director of arts learning and creative city programming, sits in front of a public altar at the EPCOR Centre downtown, where a display for Day of the Dead celebrations has been created.

Celebrating the dead

RAIHAN ISLAM
for Metro Calgary

Celebrating the dead may be ironic, but that's exactly what the traditional Mexican festival, Day of the Dead, starting today in downtown Calgary is all about.

"No matter who you are, we've all had somebody we know pass away," says Grisell Amaro-Galvan, director of arts learning at the EPCOR Centre.

"Rather than mourn the

deaths, we celebrate them and their visit."

The festivities start on Oct. 28 at the EPCOR Centre, and end with the main event on Nov. 1.

The day is celebrated with traditional Mexican dances, serenades and alter displays, all in remembrance of those souls of men, women and children who are to visit.

The altar, which is the primary symbol for the festival — as the central meeting place for souls — is made up of three layers.

The layers are made of children's games and candy near the bottom, with the customary "Bread of the Dead", beverages and candles on top. The entire ensemble is embellished by colourful decorations.

Anna Blaxley, communications coordinator at EPCOR, says this year's festivities are expected to be a hit.

"We've put a lot of time and effort into this," said Blaxley. "We're anticipating this to be a successful event."

Therapy going well for youngest multiple killer

CRIME Canada's youngest multiple killer is doing well in therapy, but she needs more ongoing help, a court was told yesterday.

A year after she was sentenced for the murders of her brother and her parents in Medicine Hat, Alta.,

a psychiatric report for the girl who cannot be named says she has a "failure to internalize."

The now 15-year-old girl was convicted last year of the murders of her family when she was only 12. She was sentenced to six years

in custody at Alberta Hospital Edmonton followed by four years of supervision. She will be free at 22.

Jeremy Steinke, 25, was also charged with the murders and his Calgary trial begins Nov. 17.

KRISTA SYLVESTER/METRO CALGARY

The Undercover Bride's Diary: Vol. 6

Dear Diary,

This morning I announced my groom choice. I chose Monday. He was the best match for me of the four grooms that I got to know through Groom's week. Monday is very bright, funny, charming, and has tremendous integrity. Any girl would be lucky to connect with him. I have never dated anyone younger than myself but Monday's maturity and life experience seem to make the age difference seem minute. We have been nicknamed "the Mondays". I thought that was cute! I will let

you know more after our date this evening. We will have dinner, chaperoned and separated by screens to keep our identities hidden.

I remain a bit nervous as the wedding day approaches. I know Monday's groom feels the same way. And I know we tend to approach things the same way, especially important decisions like this one!

Monday — the undercover bride.



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News in brief

LISTERIA A Torstar News Service/CBC investigation has found health authorities have confirmed 20 deaths linked to listeria-tainted Maple Leaf cold cuts. But a lack of testing in nursing homes and hospitals during the outbreak may mean many deaths were overlooked.

MISSING Software giant Microsoft Corp. has matched a reward being offered in the search for Brandon Crisp, a missing Barrie, Ont., 15-year-old who ran away from home

after his parents took away his Xbox 360 video game console.

POLITICS Quebec premier Jean Charest said yesterday he had not decided whether to trigger an election. There has been speculation for weeks that Charest would call an election to capitalize on strong poll numbers. **METRO NEWS SERVICES**

Watch as a N.L. inquiry into botched cancer tests sets its sights on Danny Williams at metronews.ca/canada

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"This would be the worst time to change your finance minister."

A senior Conservative staffer yesterday, speaking on condition of anonymity, about the new federal cabinet.

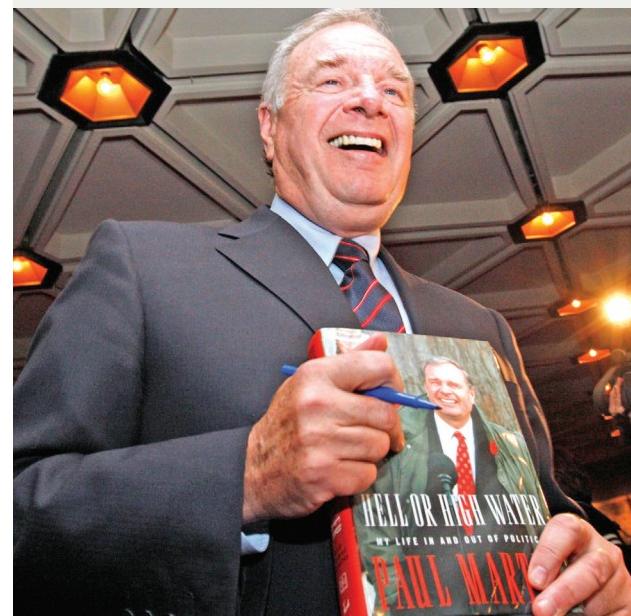
Flaherty safe

Stephen Harper appears certain to keep Finance Minister Jim Flaherty, left, in his post as part of the new cabinet to help combat the financial crisis.

REUTERS



Ottawa A prime minister's story



CHRIS WATTIE/REUTERS

Former Prime Minister Paul Martin laughs while holding a copy of his autobiography during an event to mark the release of his memoirs yesterday in Ottawa.

Manley tests Liberal waters

Considers party leadership run

Former Liberal cabinet minister John Manley says he is testing the waters to see whether he should run for the leadership of his party.

"I'm not jumping off the diving board until I'm pretty sure there's some water in the pool," he told reporters at the Ottawa Chamber of Commerce yesterday John Manley morning.

The former minister of finance and foreign affairs said he has heard from people across the country who would like him to throw his hat in the ring, but he said he has no strong desire to

replace Stéphane Dion.

"I feel like I had a great 16 years in public life and did a lot of the best jobs in the government of Canada — except for the top one," he said. "So I'm giving it a pretty hard-nosed assessment."

He also said whether former New Brunswick premier Frank McKenna decides to enter the race would be a "factor" in making his own choice.

"That's a factor, if he makes a decision, but I have to make a decision for me," he said. **TORSTAR NEWS SERVICE**



John Manley



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Salmon tracked on 2,500-km trip, aiding conservation

High-tech devices tracked two small salmon on a 2,500-kilometre swim from the Rocky Mountains to Alaska during a three-month trip in a step towards understanding fish migrations and protecting stocks, scientists said. **REUTERS**

World

Body of Hudson's nephew found in car

Police found the body yesterday of Academy Award-winning actress Jennifer Hudson's seven-year-old nephew, who had been missing since Hudson's mother and brother were slain last week.

Julian King's body had been left in the back seat of a stolen car found abandoned on a Chicago street.

The discovery ended a search that began on Friday after a family member

found the body of Hudson's mother, Darnell Donerson, 57, and brother Jason Hudson, 29, both shot dead in the family home.

The vehicle in which the boy's body was found belonged to Jason Hudson and had been missing since the slayings.

Chicago police Supt. Jody Weis declined to say how the boy died.

Police said at the start of the investigation Friday



N.Y. woman has sextuplets

A New York woman gave birth to sextuplets — four boys and two girls — earlier this month, the Mount Sinai Medical Center said yesterday. But Digna and Victor Carpio kept the birth a secret for three weeks as their babies fought to survive, the New York Daily News reported. The paper said all six babies have now very good odds of survival. **REUTERS**

Jordan Mom gets gift of sight



Wafa Abdullah poses with her children (from left) Aseel, Rowa and Huthifa at Isra hospital in Amman. Wafa saw her four children for the first time yesterday after a cornea transplant in her left eye. She was born blind, according to Jordan News Agency. **MAID JABER/REUTERS**

News in brief

MILITARY Syria accused the United States yesterday of "terrorist aggression" after a raid near its border with Iraq in

which it said eight civilians were killed, but Washington refused to say whether its troops were involved. **REUTERS**

Economy front and centre in U.S. race

ELECTION Republican John McCain and Democrat Barack Obama yesterday slammed each other's economic plans as wrong for the current downturn as they campaigned in Ohio, which is considered a key to victory in eight days.

Obama holds a lead in Ohio and in several other states that President George W. Bush won in 2004, putting McCain in a perilous position.

McCain said that if elected on Nov. 4, Obama would increase taxes to pay for

ambitious spending plans. Obama, meanwhile, took aim at McCain's proposal for cuts in corporate tax rates and his opposition to rolling back the Bush tax cuts on the wealthiest Americans.

REUTERS

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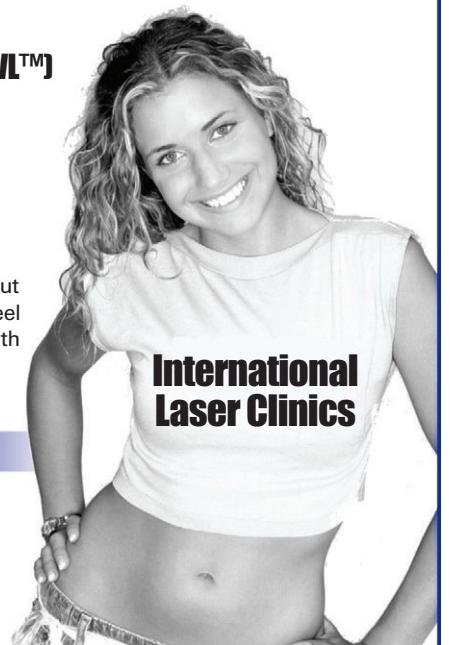
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Comment & Views

Comment

Left, right, north, south

Barack Obama and Stephen Harper — How weird is that?

National Report

Lawrence Martin



This is bizarre. Americans are moving left. Canadians are moving right. It's almost always been the other way around. In fact, it's been 80 years since we've seen this. The only comparable time was when Franklin Roosevelt came to power after we elected arch-Tory R.B. Bennett.

That, too, was in a time of economic peril. Bennett didn't last long. FDR's liberalism soon spread across the border. A rising tide, they say, lifts all boats. It lifted our Liberal ones, sunk Bennett's. This

memory has probably intruded upon Stephen Harper's roomy cranium by now. There are those polls saying Canadians favour Democrat Barack Obama for the U.S. presidency by a margin of four to one! He's an American politician with a Canadian mindset. Or at least what has generally been considered a Canadian mindset. He's certainly no guns and God guy. He favours public health care, has a social conscience, prefers diplomacy to unilateralism. "I know that the hardening of the lines," he once wrote, "dooms us all."

A lot of Canadians are going to love this man, like they did FDR, in the way they were charmed

by JFK. He is an independent thinker, not transfixed by any ideological trappings, but internally strong. It seems he has followed F. Scott Fitzgerald's dictum: "Life is something that can be dominated — if you're any good."

I'm trying to imagine Stephen Harper paired with him. Our PM can handle himself intellectually with anyone, but the danger for him is that he will look sooo last century up against Barack Obama.

It's true that Harper has moderated some of his original hardcore conservative gospels. But he's still an old-alliance type on

foreign policy, he's still a foot-dragger on the environment and he's still more of a Milton Friedman disciple than a Keynesian. There are cycles of history. It's tough if you get caught up in the wrong one.

It's not just Harper who tilts against the new tide. There is other evidence of our rightward shift. Our population is moving West, the resource wealth is in the West, the Alberta influence gains strength, our media is more right-wing than ever. On the other hand, the fact that Harper didn't win a majority against a weak opponent tells you something. So does our overwhelming lean toward Obama.

Franklin Roosevelt became more popular here than R.B. Bennett. John F. Kennedy became more popular than John George Diefenbaker. In these careening times, they are precedents worth noting.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



Views

Now is the time to slow down immigration

James Bissett

Guest view

It now seems evident we are going to experience a serious economic recession, but so far there has been no suggestion that it is time to cut back on the extraordinarily high immigration intake of the last 10 years.

In the past, when Canada faced an economic downturn the immigration intake was also reduced. This was a sensible policy and beneficial to Canada and to immigrants. There is little sense in bringing immigrants here when they are unable to find jobs and either end up on

our welfare rolls or displace other resident workers. Unfortunately, the policy of regulating immigrant numbers to labour force realities was abandoned in favour of a constant intake of about one-quarter of a million immigrants each year — regardless of labour force conditions.

Consequently, we now have close to 1 million immigrants waiting in the backlog to enter Canada. All of them have met the requirements and, by law, must be admitted. There are a further 60,000 to 70,000 asylum seekers already here waiting to appear before the Immigration and Refugee Board (IRB) and whether they are found to be genuine refugees or not, most will be allowed to remain. Added to this number are

between 150,000 to 200,000 temporary workers in Canada and many of these will not return home when their contracts expire.

Our political leaders did not want to discuss immigration during the election campaign. All the parties are on record of wanting to raise immigration levels. They do this despite growing evidence that immigration is not making any significant contribution to our economic prosperity and does not in any way help us with our so-called aging problem.

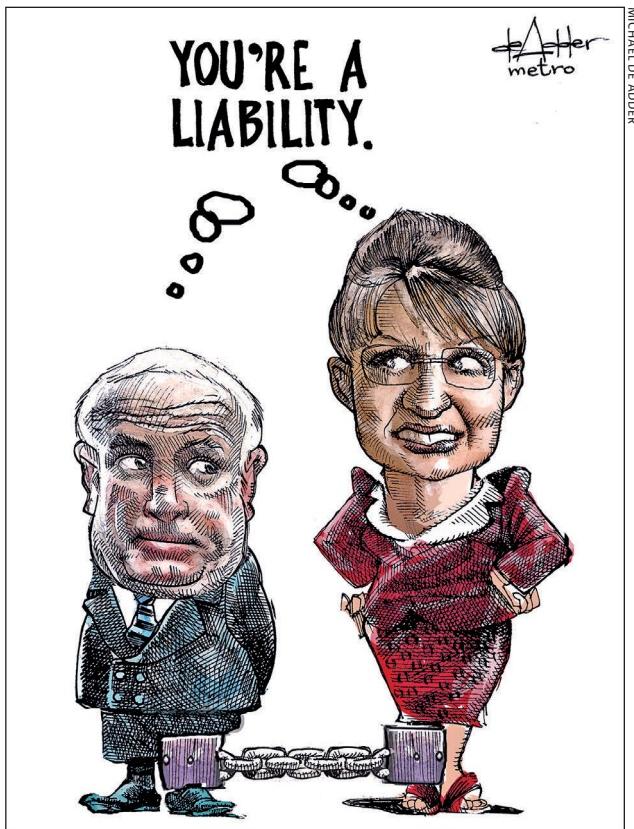
A study published this summer by Prof. Herbert Gruber of Simon Fraser University showed that in the year 2002 alone, the costs in services and benefits received by 2.5 million immigrants who arrived between 1990 and 2002 ex-

ceeded the taxes they paid by \$18.3 billion. This amount is roughly the cost of our Afghanistan campaign.

It is time our political parties stopped using immigrants as pawns in their political games and begin to act in the interests of all Canadians. A first step would be to cut the immigration flow in half and admit only the first in line of those waiting in the backlog and restrict new applicants to the children and spouses of people already here. This is an opportunity for our political parties to work together when Parliament is recalled.

Let's see how they respond.

James Bissett is a former Canadian Ambassador and was the executive director of the Canadian Immigration Service from 1985-1990.



Letters

Jeffery Potter, EDMONTON

I am writing about the so-called transparent government and its services.

I admit I voted Blue and think perhaps I made an error. Did you know there have been more than 20 requests to the privacy commissioner to access information under control of the Maintenance Enforcement Program? All have been declined because of the "confidential nature of their files." Who do they think they are, the CIA?

The recent Children's Advocate controversy shows Premier Ed Stelmach and his ministers do not exercise due diligence in monitoring the activi-

ties of their portfolios, in this instance the Minister of Justice. But does the Alberta government have an Access Enforcement Program to assure the visitation rights of an estranged parent? No.

There is no such thing and no enforcement by police or any authority! I see that money is much more important to the province than the relationship within families.

The Tories set up a multi-million-dollar per year collection agency, but sit around and scratch their heads about family violence, youth criminality, and other social issues associated with marginalizing estranged parents.

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Bullish Brazilian banks post profits

Banco Bradesco and Banco Itau, two large Brazilian banks, reported third-quarter revenue increases of 3.2 and 14.6 per cent respectively. **REUTERS**

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Employers set to cut wage hikes: Think-tank

Canadian employers looking to cut costs to withstand the global financial crisis are planning to whittle away at wage increases in 2009, the Conference Board of Canada said yesterday.

Even before the market meltdown in September, companies said they were planning to scale back non-union wage increases to 3.9 per cent next year after raising them about 4.2 per cent in 2008, according to the think tank's survey of 395 employers from June through August.

The market meltdown

"Chaos in the financial markets south of the border and globally will undoubtedly put downward pressure on wages."

Conference Board of Canada

since then likely means that increases will be closer to 3.4 per cent than the 3.9 per cent projected by the respondents, said a Conference Board official.

Other forecasts in the report, if revised, are also likely to be lower, it said.

"Chaos in the financial markets south of the border and globally will un-

doubtedly put downward pressure on wages in Canada," the Conference Board said in its annual survey.

The biggest pay hikes will be in the oil and gas industry and other natural resources, and Western Canada will fare better than the manufacturing-heavy Ontario, Quebec and Atlantic provinces. **REUTERS**

Finance firms cut staff amid market downturn

MARKETS Fallout from plunging stock markets is beginning to emerge in the financial services sector as companies cut staff to reduce costs.

RBC Capital Markets, the investment banking unit of Royal Bank of Canada, laid off 20 equity-focused investment bankers in Canada and the United States last week, a spokeswoman said.

While Canadian invest-

ment banks have not suffered the massive upheaval that has gripped the U.S. industry, players of all sizes are struggling with a dearth of underwriting and advisory activity due to the precipitous stock market drop.

Separately, money management firms AIC Ltd., based in Burlington, Ont., and Toronto-based Sentry Select Capital Corp. laid off staff last week. **REUTERS**

More banks sell stakes to U.S. Treasury

MARKETS More U.S. banks lined up for government cash yesterday and the Group of Seven expressed concern that Japan's soaring yen currency posed a threat to financial and economic stability as recession worries spread.

Stock markets worldwide also tumbled again, and key Wall Street indexes hit a 5½-year low.

Yet, promising signs emerged that government efforts to revive credit markets were beginning to pay off.

London interbank lending rates moderated and the Federal Reserve set the terms to its program to buy commercial paper, a market that is vital for funding companies. **REUTERS**

Business in brief

COMPUTERS Microsoft took the wraps off its Microsoft Azure "cloud computing" service that offers companies its data centres to run their web applications rather than on a single computer hard drive.

HOUSING Sales of newly constructed U.S. single-family homes rose 2.7 per cent in September to 464,000, and inventories shrank as builders cut prices 9.1 per cent to \$218,400 US to move property. **REUTERS**

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

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METRO NEWS SERVICES

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Stuff stockings with love

SmartCookies



smartcookies.com

In one short week the Halloween goodies will be packed away and the retailers will be hauling

out their holiday best. We've already seen some stores decked out in festive decor. Before the spending madness begins, let's figure out how we can survive the holidays without getting a Visa bill that makes us lose our rum and eggnog upon opening.

Makin' a List and Checking It Twice

While it's a nice gesture to buy gifts for your entire

family, friends and colleagues, if you take note of all the people you plan to buy for and how much that will cost, you will realize that a) it all adds up and b) a nice card or a warm wish goes a long way. This year, the Smart Cookies are drawing names for family members, setting a spending limit and only purchasing for that one person.

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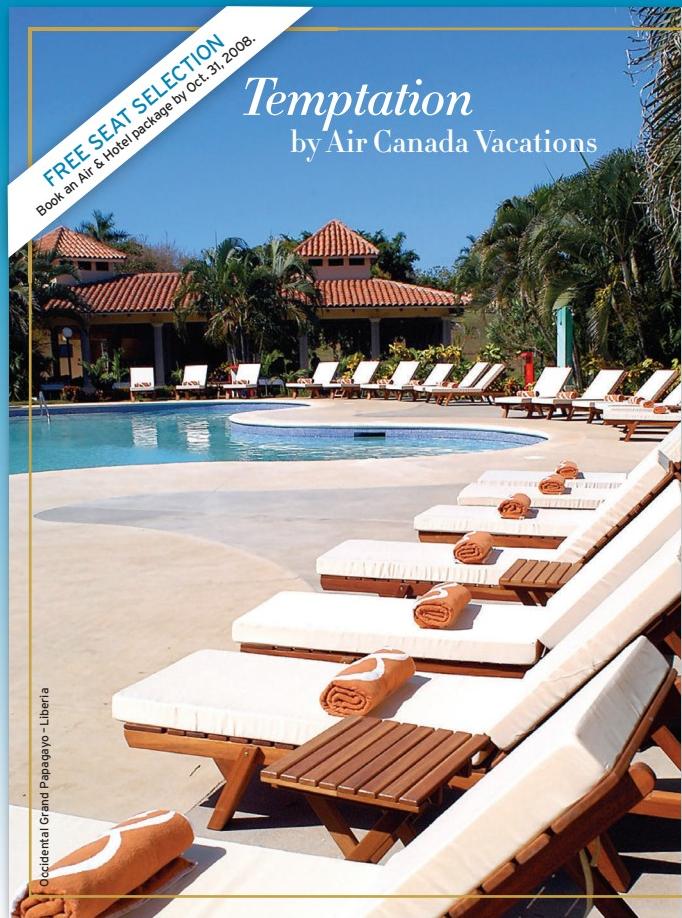
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to ask your guests to bring their favourite dish to your soiree. Guests can bring dessert, appetizers or a side dish.

The Holidays are a Time to Share

Share clothes, accessories, shoes and handbags. Don't get wrapped up in thinking you need to buy something new for every holiday get-together. Also, rent or borrow the tables, chairs and place settings that you will need to host the holiday get together instead of purchasing new items.

Remember What Matters Most

When we work with families on our W Network show, Smart Cookies, we always ask parents what they remember most about their childhood.

They always recount quality time spent together and not video games or gadgets. While we appreciate that children should be treated with a few special things, don't go overboard.

Instead, think of things

you can do together that don't cost money — just a little bit of your time.

E-mail questions or comments to [smartcookies@metronews.ca](#).

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit [smartcookies.com](#) for more tips.

MoneyMatters

Henry Choo Chong

The unfortunate meeting of death and taxes. Read this week's column at [metronews.ca](#)

Investing

Allan Small

After the U.S. bailout, is there anything to look forward to? Read this week's column at [metronews.ca](#).

Dubin passes away

Former Ontario chief justice Charles Dubin, who was best known for heading an inquiry into steroid use by athletes, died at the age of 87 Monday.

Known as the Dubin inquiry, the commission was formed after sprinter Ben Johnson lost his gold medal at the 1988 Seoul Olympics for testing positive for steroids. **METRO NEWS SERVICES**

Sports



Cote down for six to eight months

Canadian UFC middleweight Patrick Cote, left, whose title shot against Anderson Silva was cut short by injury at UFC 90 in Chicago on Saturday, will undergo knee surgery that is expected to keep him out six to eight months. Cote was forced to quit 39 seconds into the third round when his right knee gave out.

METRO NEWS SERVICES

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Phillies will have to wait



Tonight



THE SKINNY: The Avalanche will try to win their

sixth in a row and third straight away from home tonight when they face the Flames, who happen to be winning as well, looking for their fourth consecutive victory.

THE RECENT HISTORY: Colorado has won 10 of the last 15 meetings with Calgary,

taking the 2007-08 season series 5-3-0. The teams split four contests last year at the Saddledome.

THE FIRST AND SECOND STARS: Jarome Iginla was named the NHL's first star of the week yesterday, leading all league scorers with seven

points (5 G, 2 A) in that span. Iginla has also recorded 58 points in 66 games against Colorado — his highest point total versus any opponent. His likely opponent in net, Colorado's Peter Budaj, was named second star after posting a 1.62 GAA in his last three starts. **METRO NEWS SERVICES**

Phillies pitcher Cole Hamels warms up in vain last night as the grounds crew works behind him. Game 5 of the World Series was suspended because of rain in the sixth inning with the Phillies and Rays tied at 2 and the field a sloppy, soggy mess. The game is tentatively scheduled to resume tonight, but the weather forecast in Philadelphia tonight calls for more of the same. "I can't tell you tonight when we'll resume," MLB commissioner Bud Selig said. "We'll stay here if we have to celebrate Thanksgiving here."

METRO NEWS SERVICES

Titans stay undefeated

NFL Chris Johnson and LenDale White combined for three rushing touchdowns and 90 yards as the Tennessee Titans stayed a perfect 7-0 with a 31-21 win over the Indianapolis Colts in an AFC South battle last night. Kerry Collins threw for 193 yards on 24-of-37 passing for the Titans, who have won the first seven games of the season for the first time in franchise history.

Dating back to Dec. 16 of last season, Tennessee has 10 consecutive regular season wins, the longest current streak in the NFL. Peyton Manning threw for 223 yards and two scores on 26-of-41 passing, but was inter-



The Colts' Robert Mathis pressures Titans quarterback Kerry Collins during the first half of their NFL game in Nashville last night.

cepted twice for the Colts, who dropped to 3-4.

METRO NEWS SERVICES

Sports in brief

NHL Alexander Ovechkin will miss at least one game while in Russia to spend time with his ailing grandfather.

The NHL's reigning MVP caught a flight home yesterday morning and will miss the Washington Capitals' game against the Nashville Predators tonight after appearing in 203 straight games.

TRIAL David Frost engaged in threesomes with two teenage hockey players he was coach-

ing and their girlfriends in the 1990s, the sexual exploitation trial of the former NHL agent heard yesterday in Ontario. One of the women, now 28, detailed for the court how, during the first of two threesomes, her boyfriend had sex with her first while Frost was lying underneath her.

Frost, 41, has pleaded not guilty to four counts of sexual exploitation against two former junior A Quinte Hawks players who cannot be named. **METRO NEWS SERVICES**

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The Hamilton Tiger-Cats have handed the coaching handing the reins to Marcel Bellefeuille. The team removed the interim tag from the head coach's title, handing him the job on a full time basis yesterday. METRO NEWS SERVICES

Obama confident on the court

YorkReport

Marty York

marty.york@metronews.ca

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sters suggest will be voted U.S. president next week.

In an interview to be aired this week on the MSG television network in New York, Duhon said Obama hollered remarks such as "You can't guard me" in their game.

Obama was a shooting

guard at Occidental College in Los Angeles. He led his school in scoring in 1979.

So, did his team beat Duhon's?

"No way," Duhon said. "He might be a good president, but I'm a better basketball player and I wasn't going to let him win. I don't

take it easy on anyone."

• The NBA's regular season begins tomorrow, incidentally, and I haven't found one objective expert who believes the Raptors can go deep into the post-season.

Typical of the forecasts on the Raptors is this one from ESPN's **John Hollinger**:

"Jermaine O'Neal is a spent force offensively, but his defence will be huge for a team that has lacked backbone in the middle. Plus, he saves **Chris Bosh** some pounding. Alas, a lack of dynamic wings and shaky depth mean the Raps are one-and-done again."

Aw, well. At least listening to the team's games on the airwaves will be easier on the ears this season with shameless homer **Chuck Swirsky** moving to Chicago to serve as a shill for the Bulls.

• Boston Red Sox reliever **Jonathan Papelbon** has put his game-used baseball glove up for bid on eBay and the asking price is — brace yourself — \$4,499.99 U.S. ... The Bosox have told catcher/captain **Jason**

Varitek he can rejoin them next year if he takes a sizeable pay cut. If he refuses, Boston might pursue Blue Jays catcher **Gregg Zaun** ... The Florida Marlins are seeking to unload first baseman **Mike Jacobs** and the Jays have expressed strong interest in serious trade discussions ... Jays lawyer **Gord Kirke** spent the past few days at the World Series in Philadelphia, where he was hanging out with his longtime friend, **Pat Gillick**, and where he presumably spoke to the Phillies' general manager about returning to Toronto to reunite with front-office boss **Paul Beeston** and manager **Cito Gaston** ... Tampa Bay Rays manager **Joe Maddon** enjoyed some ribbing from some of the Phils' merciless fans during the Series, but he was infuriated by some moron who squirted mustard at his granddaughter. Maddon might press charges.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

SCOREBOARD

MLB

x-Winnipeg	7	10	0	14	Tampa Bay at Kansas City, 11
Toronto	4	13	0	8	Jacksonville at Cincinnati, 11
Hamilton	3	14	0	6	Miami at Denver, 2:05
					Dallas at N.Y. Giants, 2:15
					Atlanta at Oakland, 2:15
					Philadelphia at Seattle, 2:15
					New England at Indianapolis, 6:15
					MONDAY'S GAME
					Pittsburgh at Washington, 6:30

NHL

LAST NIGHT'S RESULTS	Ottawa 5 Buffalo 2
	Anaheim 3 Columbus 2
	N.Y. Rangers 4 N.Y. Islanders 2
	Minnesota 3 Chicago 2
	Boston 1 Edmonton 0 (OT)
	Detroit at Los Angeles
	TONIGHT'S GAMES
	Nashville at Washington, 5
	Philadelphia at Atlanta, 5
	Tampa Bay at Toronto, 5:30
	Carolina at Montreal, 5:30
	Colorado at CALGARY, 7
	Boston at Vancouver, 8
	Pittsburgh at San Jose, 8:30

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Health

**A hot cuppa helps melt hearts**

It may seem unlikely, but simply clutching a warm cup of coffee can bring on a flood of warm feelings, U.S. researchers said last Thursday. "Physical warmth can make us see others as warmer people, but also cause us to be warmer — more generous and trusting — as well," said John Bargh, a professor of psychology at Yale University in Connecticut.

REUTERS

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Getting the Bond bod

BRIAN COULTON
for Metro Canada

Your mission, should you choose to accept it:
Bulging biceps, wash-board abs, impenetrable pipes and a chiselled jaw.

Oh, plus a sharp secret-operative intellect, weapons proficiency and the ability to make A-list actresses swoon over you.

If Daniel Craig can play James Bond, why can't you? Sure, maybe you can't prod the barhop for a shaken martini as suavely as he can, but a Bond body may be attainable.

Jon Bula, personal trainer and owner of Vancouver's Groundworks Athletics, says you must prepare if you hope to shape a Bond-like physique. "If your end goal is to look like James Bond, you need to set the



A toned Bond-type body is about more than just exercise. To gain this physique you also need to focus on food.

plan in motion on how you're going to get there," he says.

While building your upper body seems key to go-

ing from average to Adonis, Bula says he tells his clients that working their lower body is just as important.

"(My clients) look at me

like I'm weird, but when you train your lower body, it improves testosterone and growth-hormone release, and it actually helps the rest of your workouts," he says.

Add that to weight training and finding the motivation to work out five days a week, and Bula says men need not invest in a high-priced personal trainer to find results.

But Bula says a toned figure is more than just losing body fat. He says you need to focus on food, too. "You can train like a mad man and if you're overeating and drinking too much alcohol, you're still going to be chubby and you're not going to see the benefits of your training."

- For more coverage, check out Rick McGinnis trying James Bond's life on for size on Page 13.

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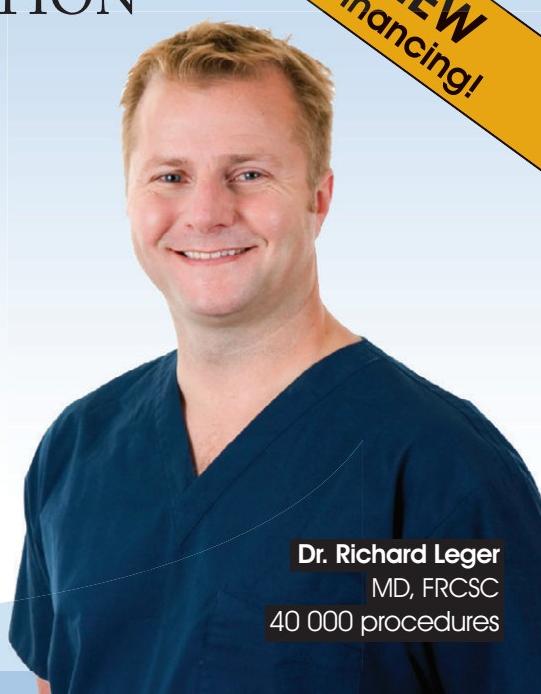
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Viewing HIV as a weapon

The J Spot

Josey Vogels

Sex talk with Josey

Don't you hate it when a co-worker shows up at work sick as a dog?

"I had a terrible flu," they sputter as you frantically reach for the bottle of antibacterial gel you permanently keep on your desk now, because it seems more and more people are deciding their need to prove their indispensability trumps your right to a virus-free zone.

I thought of this as I listened to reports on the trial of Johnson Aziga, the 52-year-old Hamilton, Ont., man facing two counts of first-degree murder after allegedly having unprotected sex without telling sexual partners he was HIV positive. Two of his alleged partners died of AIDS.

The only difference be-

tween the flu and the HIV virus is that one is airborne and one is sexually transmitted. But I have yet to see a case of someone being charged with attempted murder for spreading the flu virus to someone who then died of the flu (over 6,000 Canadians die of the flu annually compared to about 300 of AIDS). I understand that HIV, unlike the flu, is incurable, and that a life on antiviral drugs is no picnic. And granted, being airborne, it is harder to track down the flu virus carrier, but there is still something wrong with this picture.

In the case of the flu, we take precautions. We get vaccinated. We carry around buckets of Purell. In the case of HIV, we use condoms.

If your partner tells you they are not HIV positive, it is not enough to simply take their word for it. I'm sorry, but unless I see a piece of paper with test results, my partner's wearing a rubber. If I don't insist on this, I'm responsible for taking that risk, no matter what my partner has told

me. Unless it's a case of rape, where the victim has no choice, we must bear some personal responsibility for the consequences of our sexual choices.

As utterly horrific as the allegations against Aziga are, I can't help but think that the legal reaction is more tied into our often-exaggerated fear of AIDS and our moral judgments when it comes to sexuality and the implied promiscuity we assume when it comes to sexually transmitted diseases.

Remember those stories in the early days of AIDS where someone would sleep with a stranger and wake up to find the message, "Welcome to the wonderful world of AIDS!" scrawled on the bathroom mirror in lipstick or delivered in a tiny gift-wrapped coffin?

Knowingly spreading HIV is no urban myth. But a virus as a murder weapon? That sounds more like science fiction to me.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



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Garber eyes U.S. citizenship

Actor Victor Garber has vowed to become an American citizen in time for the 2012 presidential election. Garber was born in Ontario, but has spent much of his working life in the United States and is eager to play a part in choosing the country's next leader. [IMDB.COM](#)

Entertainment

Birds remake

George Clooney is set to star in a remake of *The Birds*. The actor is the favourite to take the role of lawyer Mitch Brenner, portrayed by Rod Taylor in Alfred Hitchcock's 1963 original. [FEMALEFIRST.CO.UK](#)

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA**DVD picks****The James Bond Blu-ray Collection, Vols. 1 and 2**Director: multiple
Rating: N/A

JAMES BOND FANS are as familiar with the feeling of hands grasping their wallets as 007 is with finding beautiful babes or would-be assassins in his hotel room.

Devoted (obsessed?) Bond aficionados have over the years already purchased the series on VHS and one of the various DVD incarnations.

The switch to Blu-ray might seem inevitable, as indeed it is if you demand only the best. These high-definition discs do offer picture and audio quality noticeably better than what's come before, especially on the vintage Sean Connery titles Dr. No, From Russia With Love and Thunderball. The colours are richer, the blacks are deeper and the sound is so sharp, you can hear every gun cock and martini shake.

But if you already splashed out last year for the "ultimate" remastered series on regular DVD, do you need an upgrade now? Maybe not, especially since the cornucopia of extras are the same, only upgraded to hi-def.

TORSTAR NEWS SERVICE

Read our reviews of My Winnipeg and Casino Royale (collector's edition) at [metronews.ca/entertainment](#)

In brief

BOOKS Director David Cronenberg is taking a break from movie making to write his first novel, [imdb.com](#) reports.

METRO NEWS SERVICES

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007 taps stamina

RICK MCGINNIS
Metro Canada

Even the villain was impressed. "Whoa," said Le Chiffre, the terrorist banker in Casino Royale, after Daniel Craig's James Bond was strapped naked into a chair before the film's excruciating torture scene. "You've taken good care of your body. Such a waste."

You knew something had changed when Craig's Bond walked out of the surf in the reboot of the Bond franchise two years ago in a blue and black La Perla swimsuit. Only this time it was Bond, not the Bond girl, who was showing off an incredible physique, and in one stroke men all over the world had one more reason to feel a bit inadequate.

Becoming James Bond —

if such a thing were possible — starts with the man himself, a fine physical specimen in all but the later Roger Moore films; a killing machine by trade. My journey to try and be a bit more 007

starts with my gym, where Trevor, the head trainer, tells me what I'd need to do to even hope to fit into those swim trunks.

"With someone like Daniel (Craig) he didn't just start this the other day," Trevor tells me. "It's a long term thing to get there."

He tells me that if I come in every other day and work out for a year, I might come close to the Bond physique.

My next step is Rob Ferreira's Krav Maga Toronto, where he lets me sit in on a

lesson in the martial art developed by the Israeli army. Judo and karate were once the voguish Bond martial arts, but it's more realistic

to imagine Bond, an ex-special forces soldier, learning this

far less elegant discipline. "It's really basic," Rob tells me. "Primal is a good way to describe it. They want you to address the immediate danger by any means necessary ... Whatever the attack might be, a punch, a grab, a choke, a knife, a stick, a gun — whatever. It trains you to use your instincts."

The next morning I'm almost unable to stand, but I have an appointment at Silverdale Gun Club, outside Beamsville, Ont., where Frank, a serving army offi-



Metro's Rick McGinnis reflects on his poor performance with a Colt 45 at the Silverdale Gun Club outside Beamsville, Ont.

cer, offers to show me how to handle a gun Bond style.

After a lecture on gun safety, Frank pulls out an AR-7, a compact little rifle. After a bit of coaching, I'm able to get a few shots on target, but then he moves me up to the sorts of weapons that Bond might pick up along his way — a 9mm Yugoslav-made Tokarev and a 1911 Colt .45 A1. They're real handguns, and I'm hopeless with them; even shooting while sitting, or standing with

both hands firmly wrapped around the grip, I'm barely hitting the bull's-eye, but when I try shooting with one arm, the recoil sends my arm twitching; puddles in front of the target explode, and clods of mud kick into the air, splashing mud on the target that remains unmolested by any ordinance. I am off to a poor start on my journey to become James Bond.

• Read Metro's Health feature on attaining the James Bond body on Page 11.

critics' corner**Rabbit Fall**

Small-town police work is supposed to be easy, right? Don't tell that to Tara Wheaton (Andrea Menard), constable of the tiny northern town of Rabbit Fall. When she arrived she rejected the locals' claims that the mysterious deaths and other strange events plaguing the town had a supernatural cause. But as the mystery deepens, she's forced to admit that maybe they're right. The new season, starting now, promises even more weirdness; hold on tight. 8 PM on SPACE

**Eli Stone**

Jordan (Victor Garber) must defend himself against charges of insanity while Eli (Jonny Lee Miller) pursues a case against lead paint manufacturers that could lead him to the Supreme Court. The two cases plunge the friends into an angry fight with the fate of their entire law firm hanging in the balance. Meanwhile, his father's diary leads Eli to discover that his visions of the future can be altered — but with shockingly unexpected results. 8:02 PM on ACCESS

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/28/08					(8:02) Eli Stone (N)		Pushing Daisies (N)		Fringe (HDTV PA)		Help TV
			etalk	Hollywood	Law & Order: SVU		Criminal Minds (N)		Dancing With the Stars		News (N)
			- - 4 BROAD	(4) Broadcast News	Broadcast News						
			- 371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Great Pumpkin, Charlie Brown	Dancing With the Stars	Eli Stone	
			245 306 6 CBRT	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	The Tudors	CBC News: The National	The Hour	
			244 338 7 CICT	ET Canada	Entertainment	90210 (HDTV) (N)	House "Joy" (N)	Kitchen Nightmares		News Hour	
			246 - 8 CKAL	Law & Order: SVU	Privileged (HDTV) (N)		To Be Announced	NY-Hollywood	Friends	Your City	
			119 705 9 CBXFT	Virginie (SC)	La Facture	Providence (HDTV) (SC)	Roxy (SC)	Filantes	Le Téléjournal (SC)	TJ Alberta	
			- 10 SHAW	(6) Local Programming					Local Programming		
			- 372 12 KREM	News (N)	Hollywood	The Doctors	NCIS "Murder 2.0" (N)	The Mentalist (HDTV) (N)	Without Trace		
			- 374 14 KSPS	NewsHour With Jim Lehrer	Nova (HDTV) (N) (DVS)	Wild!		Frontline (N) (DVS)	Independent		
			502 390 15 CBC	CBC News: The National	Raw Nature (N)		CBC News: The National		CBC News: The National	Raw Nature	
			- 370 16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser: Families (N)		Law/Ord SVU	
			- 373 22 KAYU	The Simpsons	The Simpsons	Two/Half Men	Two/Half Men	House "Joy" (N)	Fringe (HDTV PA)	News (N)	
			297 652 37 WPIX	Privileged (HDTV) (N)	CW11 News at Ten (N)		Two/Half Men	Friends	Sex and-City	Will & Grace	According-Jim
			500 500 29 CNN	Larry King Live	Anderson Cooper 360 (HDTV)				Larry King Live	Cooper 360	
			508 502 31 CNN2	Lou Dobbs Tonight	Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight	Nancy Grace	
			400 400 21 TSN	NHL Hockey	NHL Hockey	Boston Bruins at Vancouver Canucks. (HDTV) (Live)			SportsCentre	Poker	
			408 418 27 net	Flames Conn	NHL Hockey	Colorado Avalanche at Calgary Flames. (HDTV) (Live)			Sportsnet Connected	Best-Sports	
			410 403 30 SCORE	Poker: Canadian Open	Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Sports Rage
			411 457 44 OLN	Angry Planet	Flying Doctor	Which Way to... (N)	Pilot Guides		Don't Forget Your Passport		Survivorman
			417 406 48 SPEED	Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks	Unique Whips		Low Life
			552 543 20 YTV	Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Futurama	Prank Patrol	Mystery Hnt.
			557 541 39 FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek
			555 545 67 TOON	Scooby-Doo and the Witch	Shaggy	Ghosts-Scooby	Ghosts-Scooby	6teen	Total Drama	Futurama	American Dad
			575 583 11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders	Home Improve.	Home Improve.	Reba
			553 546 17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Beren. Bears	Babar	Backyardigans	Dora-Explorer
			- 18 CHTV	The Insider (N)	El News	The Best Years (DVS)		The Biggest Loser: Families (N)		News (N)	
			505 398 19 TWN	(5) EarthWatch One		EarthWatch One			EarthWatch Two		
			602 568 23 W	House	Style by Jury	Will & Grace	Friends	Three Fat Brides	Style by Jury	Style by Jury	Good Naked
			521 560 24 TLC	Mystery Diagnosis (HDTV)		Dr. G: Medical Examiner		My Shocking Story		Mystery Diagnosis (HDTV)	Med. Examiner
			603 561 25 FOOD	The F Word (N)	Chef School	At the Table		Restaurant Makeover	Challenge Luau menus.		The F Word
			615 520 26 A&E	The First 48 (HDTV)	The Rookies	The Rookies	Jacked: Theft	Jacked: Theft	The First 48 (HDTV)		The First 48
			617 522 32 SHOW	EastEnders	Vivienne Vyle	About a Girl	About a Girl	The Best Years (DVS)	Testees	Trailer Park	The Shield (N)
			601 562 33 SLICE	Rich Bride, Poor Bride	Tori & Dean: Home		Wedding SOS	In Laws	Rich Bride, Poor Bride		Tori & Dean
			- 633 34 ENC2	Fear and Loathing in Las Vegas ★ (1998, Comedy-Drama)			Cheech & Chong's Next Movie (1980, Comedy)		Cheech and Chong-Get Out		
			520 505 35 DISC	Destroyed	Destroyed	Mighty Ships	Daily Planet		Destroyed	Mighty Ships	
			620 523 36 BRAVO	Me to We (N)		Ultimate Maniow!	Law & Order "Punk"		Without a Trace "Pilot"		Breast Men
			294 650 40 WPCH	Dream Makers	Steve Harvey	Family Guy	Family Guy	Seinfeld	The Howling ★★★ (1981, Horror)		
			626 547 41 COM	Laughs	Comedy Now	Air Farcie	Just for Laughs	Corner Gas	The Simpsons	South Park	S. Silverman
			- 539 42 TCM	(6) Sunset Boulevard	Ace in the Hole ★★ (1951, Drama)	Kirk Douglas.			Sabrina ★★★ (1954, Comedy)		
			628 584 43 SPIKE	MANswers	MANswers	MANswers	MANswers (N)	MANswers	CSI: NY (HDTV)	Trek: Voyager	
			522 516 45 HIST	Outlaw Bikers	NCIS "Split Decision"		Outlaw Bikers		Ax Men	NCIS	
			627 528 46 SPACE	Battlestar Galactica	Rabbit Fall (N)	The Circuit	Stargate SG-1 (DVS)		Lost	Deep Space 9	
			- 47 AMC	(6) Jeepers Creepers (2001)	Bride of Chucky ★ (1998, Horror)	Jennifer Tilly.		An American Werewolf in London (1981)			
			619 525 49 TROP	Planet Soap	Big Screen	Beverly Hills, 90210	Planet Soap	What Happen?	Family Guy	Seinfeld	
			600 564 50 HGTV	Sarah's House	Design Inc.	Colin & Justin's Home Heist	Holmes on Homes		Sarah's House	Design Inc.	Pure Design
			501 391 52 C								

Grohl may be singing lullabies
Foo Fighters singer Dave Grohl, 39, and his wife, Jordyn, 32, are expecting a second child, his rep confirmed to People. No other details were available. [PEOPLE.COM](#)

Celebrity Buzz

Britney may star in biopic

MOVIES Britney Spears is set to star in a movie about her life, [femalefirst.co.uk](#) reports.

The pop star will reportedly relive some of the most traumatic events in her life — including her breakdown earlier this year, which saw her lose custody of her two sons Sean Preston, 3, and Jayden James, 2 — for the biopic.

"It will be dark and gritty, charting Britney's devastating falls including her traumatic custody battle for her two children. Let's just say it



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will not be for the faint-hearted. But it will also show the highs along her incredible life journey," a source says.

Spears is said to be keen to star in the project.

"If anything, it will be cathartic for Britney. She has been through so much and is finally back to her best," the source added to Britain's Daily Mirror newspaper.

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Amy undergoes tests

HEALTH Singer Amy Winehouse was hospitalized Saturday for tests on her chest and lungs, her London spokesman confirmed to People.

The 25-year-old singer, who was hospitalized in June with a severe lung ailment, had a doctor visit her at home Thursday, People.com reports.

Then, over the weekend, "they wanted to do some tests as a precaution," her spokesman Chris



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Goodman said. "Obviously she had lung and chest problems, which she had treatment for not so long ago, so they're just making sure." She was expected to return home yesterday.

Winehouse's father, Mitch, has previously said that the singer's lungs are "all gunked up" from smoking. METRO NEWS SERVICES

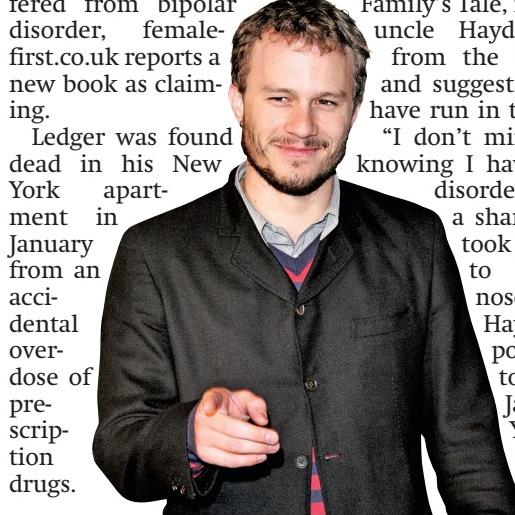
BOOK Late actor Heath Ledger may have suffered from bipolar disorder, [femalefirst.co.uk](#) reports a new book as claiming.

Ledger was found dead in his New York apartment in January from an accidental overdose of prescription drugs.

Now a new biography of the star, entitled Heath: A Family's Tale, reveals his uncle Haydn suffers from the condition, and suggests it might have run in the family.

"I don't mind people knowing I have bipolar disorder, and it's a shame that it took this long to be diagnosed," Haydn reportedly told author Janet Fife Yeomans.

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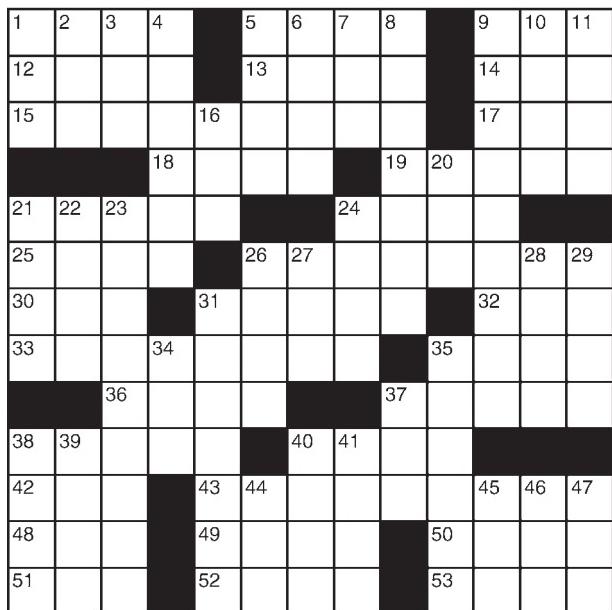
Today
Sunny
21° / -1°

Wednesday
Sunny
18° / -1°

Thursday
Partly cloudy
10° / -3°



Take Five



Crossword across

- 1 Tease 32 As well
5 From the beginning 33 Sports-page summary
9 Affliction 35 Jalopy
12 Midwestern state 36 Predicate word
13 Tardy 37 Borscht ingredients
14 Moreover 38 Tex-Mex recipe
15 Ticket booth income 40 "The Thin Man" dog
17 Carpet 42 Actor Holbrook
18 Transaction 43 Hinge-shelled reptile
19 Poem 48 Puncturing tool
21 Distorted 49 A Great Lake
24 Verdi opera 50 Once around the sun
25 Full house, e.g. 51 Indivisible
26 Brown-bagger's option 52 Flavor enhancer
30 Past 53 Exile isle
31 Satan's purchases

Crossword down

- 1 Chore 26 Nincompoop
2 Discoverer's cry 27 "—Town"
3 Half-dozen 28 Winter garment
4 — cobra 29 Brewery ingredient
5 — Romeo 31 Journalists
6 Hammer's target 34 Choice (Abbr.)
7 List-ending abbr. 35 Call for attention
8 Cotton plant attackers 37 A/C meas.
9 Product purchaser, often 38 Secretary of labour under
10 Responsibility G.W. Bush
11 Advantage 39 Actress Goldie
16 A mere handful 40 Botanical angle
20 School's web suffix 41 Undo a dele
21 Moby Dick's pursuer 44 — pro nobis
22 Palm starch 45 Aviv lead-in
23 Tennessee city 46 Retriever type
24 Wheelbase terminus 47 Geological period

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



3	7	9	8	6	1	5	2	4
2	4			8		3	1	8
		7	4					
2	4			8		3	1	8
5	3			6		2		
9						5		
	1	4	9	2				
8		6			1			

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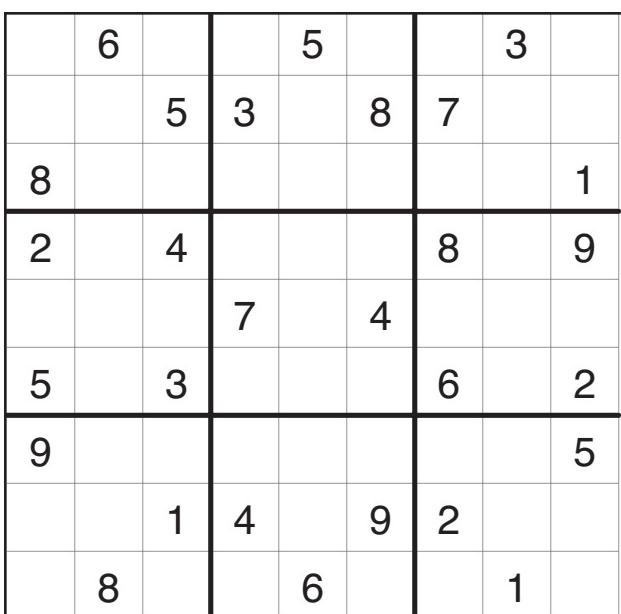
SUDOKU SOLVE TIME:

Under 13 min Genius
13-17 min Scholar

17-21 min Smart
21-25 min Not bad
25+ min Keep practising

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



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SUDOKU SOLVE TIME:

Under 13 min Genius
13-17 min Scholar

17-21 min Smart
21-25 min Not bad
25+ min Keep practising

Recipe of the day



Spicy Steak with Garlic Toast

INGREDIENTS:

2 tsp (10 ml) ground cumin
1 1/2 tsp (7 ml) chili powder
3/4 tsp (4 ml) oregano
1/2 tsp black pepper
2/3 cup (150 ml) spicy tomato-vegetable juice
4 tbsp (60 ml) freshly squeezed lime juice
2 cups (500 ml) frozen corn, thawed
2 green onions, thinly sliced
1 small red pepper, seeded and diced
12 oz (370 g) well-trimmed flank steak
1 loaf Italian bread, halved horizontally, then halved crosswise
1 clove garlic, peeled and halved

METHOD:

1. Stir together cumin, chili powder, oregano and black pepper in a small bowl. Place tomato-vegetable juice and lime juice in a measuring cup. Measure out 2 1/2 tsp (12 ml) of spice mixture and stir into the tomato-lime juice mixture.
2. Combine corn, green onions, red pepper and 1/2 cup (125 ml) of tomato-lime juice mixture in a medium bowl. Stir to combine.

Refrigerate until serving time.

3. Preheat broiler. Rub remaining spice mixture onto both sides of steak. Broil steak 3 inches (8 cm) from heat until medium-rare, about 4 minutes per side. Remove steak but leave the broiler on. Let steak stand for 10 minutes before thinly slicing across the grain, on the diagonal.

4. Place bread under the broiler, cut side up, until lightly toasted, about 30 seconds. Rub toasted side of bread with cut garlic and with the remaining tomato-lime juice mixture and cook until lightly browned, about 1 minute. Serve steak with corn relish and toast.

PER SERVING

376 calories, 27 g protein, 9 g total fat, 3 g saturated fat, 46 mg carbohydrate, 5 g fibre, 441 mg sodium

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes

ARIES

MARCH 21-APRIL 20



TAURUS

APRIL 21-MAY 21



A serious person gets too pushy. Someone fantasizes about excellent money ideas. A thrilling predicament looks scandalous to others.

LIBRA

SEPT 23-OCT 23



You'll make some good points in a conversation. Don't waste a chance to discuss your work. An apathetic speech gets a senior in trouble.

SCORPIO

OCT 24-NOV 21



Don't refuse to admit to being at a disadvantage. A mysterious incident leads to pandemonium. Your goals are closer to being realized.

GEMINI

MAY 22-JUNE 21



A hotshot's approach to a crisis wins allies. Feel the heat of a friend's obsession. An authority figure's indecision gets irritating.

SAGITTARIUS

NOV 23-DEC 21



A man rationalizes his prolonged hostility. A silly oddball is on the way to success. Don't try to please a demanding co-worker.

CANCER

JUNE 22-JULY 22



A cruel woman demands hard answers. Pick up the pieces and rebuild broken things. A guilty brute makes tracks for parts unknown.

CAPRICORN

DEC 22-JAN 20



A youngster remains emotionally detached. Respond to a threat by refusing to be bullied. A confused person asks for direction.

LEO

JULY 23-AUG 23



A good luck charm will cause surprises. Help out an anxious person and be reliable in a crisis. Someone else's stuff gives you an idea.

AQUARIUS

JAN 21-FEB 18



A mystical friend gives you the solution to a dilemma. You'll feel an evolution of consciousness. Your best friend has news about a forbidden activity.

VIRGO

AUG 24-SEPT 22



A handyman makes an error with helpful hints. A flaky friend is dramatic and time-consuming. A secret is tormenting someone's conscience.

PISCES

FEB 19-MARCH 20



An irritating woman will grate on your nerves. Resolve to make crucial changes. A relationship causes a career to be put on hold.

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